

#### **ABSTRACT OF THE DISCLOSURE**

An aquatic exercise device providing uniform resistance under water when moved in any direction while concurrently preventing erratic movements which can damage the wrist of the individual using it. The unique design featuring a plurality of orifices in spherical surface minimizes splashing and stirring the water around the user. The device is composed of two or more quadrants having a three sided spherical surface that is ringed by vertical ribs which effectively centralize the forces when moved laterally and work in unison when moved either forward or backward along the central axis. Each quadrant has a plurality of orifices that meter the water passing through the device which can be changed in size to yield an exerciser with more or less resistance. Optional attachable flanges provide for lessening or increasing resistance depending on the diameter of the flange legs and their overhang over the ribs.